

# EATING FOR 2?

Well, not really. While feeding your baby during pregnancy does increase your body's need for all nutrients, you do not need to eat twice as much.



To meet the increased demand for nutrients throughout pregnancy, simply eat a little more, and a lot smarter.

## EATING SMART—THE FOUNDATION OF A HEALTHY PREGNANCY

### EATING SMART — Foods You Eat Provide Your Body with Energy.

You will need a lot of extra energy to make a baby — as much as 300 extra calories per day after the first trimester! Experts recommend the average woman gain 25-35 pounds throughout pregnancy, with most of the weight gained in the second and third trimesters.

Throughout pregnancy, your body needs about 10 extra grams of **protein** each day to support the needs of your growing baby and changes in your own body. A high protein snack is all it takes to provide this additional protein. For example, one-half roast beef sandwich on wheat bread will boost your daily protein intake by nearly 16 grams and offers all the goodness of whole grains and the powerful combination of zinc and iron in beef.

**Fat** is an important energy source throughout pregnancy, and some fats play a role in your baby's brain and eye development.

However, it is important to not overeat fatty foods; they may provide excess calories and often replace other foods containing important nutrients.

**Carbohydrates**, like whole grains and plant foods, should make up a large part of your diet.

They will supply you and your baby with a variety of essential vitamins and minerals. They also provide moms-to-be with much needed fiber. Making smart choices will help guarantee that you and your baby have the nutrients you need for good health.

### EATING SMART — For Vitamins and Minerals

#### IRON

Iron helps carry oxygen to cells and tissues, aids in brain development, supports the immune system and assists in making new red blood cells. Iron deficiency during pregnancy has been linked to a higher incidence of pre-term births and low birth weights. Adding to iron's health benefits, recent research has shown that adequate intake for new mothers supports mother/child bonding and postpartum stress reduction.<sup>23</sup>

- A 50% increase in blood volume occurs during pregnancy. This means you need enough iron to help make about three more pounds of blood!

The iron in red meats, like lean beef, is better absorbed than the iron found in plant foods. To boost iron absorption, pair meat or foods high in vitamin C with plant sources of iron. To maximize iron absorption at breakfast, complement a bowl of fortified breakfast cereal with sliced strawberries or citrus juice.

#### FOLIC ACID

The body needs folic acid, or folate, to make new cells. During pregnancy, folate helps make the neural tube, which becomes your baby's spinal cord. The neural tube starts to form right after conception — before many women even know they are pregnant!

- To increase folic acid intake, eat foods rich in folate, like citrus fruits and juices, dark green leafy vegetables and enriched grain products.
- A breakfast that includes one cup of orange juice and a serving of bran cereal with skim milk provides 27% of a pregnant woman's daily recommended folate intake.

#### CALCIUM

You and your baby need calcium for strong bones and teeth.

- Throughout pregnancy, if you do not get enough calcium in your diet, your body "borrows" from your own bones to build the strongest skeleton possible for your baby.
- Nature helps by improving calcium absorption while you are pregnant.
- Moms-to-be should aim for at least three servings of dairy products every day. To increase calcium intake, try cheese sticks and apple slices for an afternoon snack, or make a yogurt and fruit parfait for a refreshing dessert.

#### ZINC

Zinc is essential to your baby's brain development. It is also vital to tissue growth and repair and is required for the activity of several hundred enzymes in the body. To add to your zinc intake, include lean beef, milk, nuts and wheat bran in your regular diet.

#### CHOLINE

In adults, choline plays a vital role in memory function. It is also one of the building blocks for the brain and spinal cord. Most prenatal vitamins do not include choline. To get enough, include eggs, meats, oatmeal and iceberg lettuce in your diet.

#### B VITAMINS

B-vitamins are essential to help your body unleash the energy in the foods you eat. Focus on including enriched grain products and meats like lean beef, pork and poultry into your meals every day.

#### VITAMIN C

Getting enough vitamin C during pregnancy may reduce your risk of pregnancy-induced hypertension and miscarriage. It's easy to get the extra vitamin C you need; have an orange as your afternoon snack or add red peppers to your salad at lunch.

### Recommended Dietary Allowances of Selected Nutrients for Women 19-50

	Female	Pregnant	Lactating		Female	Pregnant	Lactating
Calories	2200	2500	2700	Niacin (mg)	14	18	17
Protein (g)	46	71	71	Riboflavin (mg)	1.1	1.4	1.6
Iron (mg)	18	27	9	Thiamin (mg)	1.1	1.4	1.4
Folate (mcg)	400	600	500	B <sub>6</sub> (mg)	1.3	1.9	2.0
Calcium* (mg)	1000	1000	1000	B <sub>12</sub> (mcg)	2.4	2.6	2.8
Zinc (mg)	8	11	12	Vitamin C (mg)	75	85	120
Choline* (mg)	425	450	550				

\*Adequate Intake as determined by the National Academy of Sciences.

Source: Food and Nutrition Board, Institute of Medicine, National Academy of Sciences, 2001-2005.





### EATING SMART — When You're Feeling Queasy

- Stay out of the kitchen. Avoid overpowering smells or very strong flavors as these may trigger nausea.
- Eat breakfast in bed. Eating starchy foods like crackers or dry cereal before getting out of bed may diminish feelings of nausea and vomiting.
- Consume small frequent meals and drink beverages separately to keep from feeling overfull.
- Eat foods that are easy to digest. Avoid fried and other high-fat foods.
- Eat what works for you. Cereal sound good for dinner? Leftover pizza for breakfast? Go ahead. Remember, your goal is to provide you and your baby with all the nutrients you need.

### EATING SMART — When Eating More is a Challenge

To meet the increased nutrient demands of pregnancy, you need to make smart food choices. Follow *MyPyramid* to help you choose nutrient-rich foods.

- Be sure to include a variety of vibrant colors in your fruit and vegetable selection.
- When possible, “supercharge” your meals and snacks by adding foods that are good sources of protein, vitamins and minerals. Add extra cheese or meat to casseroles, have peanut butter with celery, or cottage cheese with fruit, and include a glass of milk to make the most of snack time.
- Eat frequently. “Mini meals” eaten at regular intervals throughout the day make it easier to up your intake of calories, protein, and essential vitamins and minerals.



### PHYSICAL ACTIVITY — A Smart Move During Pregnancy

Exercise can be an important part of your daily routine throughout pregnancy. Being physically active helps improve circulation, may prevent varicose veins and helps prevent excess weight gain. Increased activity may also give you more energy, a better night's rest, improved posture and decreased back pain. You will not be able to move as easily as you have, and hormonal changes may make joint injury more likely. Work with your doctor to design a fitness program that is appropriate for you based on your pre-pregnancy activity level, stage of pregnancy and risk factors.<sup>4</sup>

### WEIGHT GAIN — How Much is too Much?

Where does all the additional weight go?

- Baby — 7-7.5 pounds
- Amniotic fluids — 2 pounds
- Placenta — 1-2 pounds
- Uterus — 2 pounds
- Maternal blood — 3 pounds
- Breast tissue — 1 pound
- Maternal fat, extracellular fluid, and some lean tissue — 9-17 pounds

### SMART CHOICES — For Breastfeeding

While breastfeeding your baby, you will require even more of some nutrients than you did while pregnant.

- **Calories** — Your body is working overtime during lactation. To have enough energy for yourself and to feed your baby, you need 500 more calories each day than you needed before you were pregnant.
- **Calcium** — Your baby needs calcium to build strong bones and teeth. Continue to include three to four servings of calcium-rich foods in your diet every day.
- **Vitamin D** — This vitamin helps the body absorb calcium. The milk you drink is usually fortified with vitamin D. Our bodies can even manufacture it by just adding sunshine!
- **Protein** — Be sure to eat enough protein every day to help meet your energy needs and preserve your own muscle tissue.
- **Zinc** — While breastfeeding, your body needs 50% more zinc than it did before you were pregnant. Lean beef is the number one food source of zinc in the diet.
- **Vitamin B<sub>12</sub>** — As with zinc, your body's need for vitamin B<sub>12</sub> increases during lactation. Vitamin B<sub>12</sub> is found mainly in animal products like lean beef, poultry, eggs and dairy foods, although some fortified foods may also contain vitamin B<sub>12</sub>.
- **Choline** — Since this nutrient is vital to brain development and cognition, the USDA recommends 550mg every day for nursing moms. Add an egg to your breakfast occasionally or sirloin strips to a salad.
- **Fluid** — While breastfeeding, be sure to drink an extra 32 ounces of fluid every day. Inadequate fluid intake can lead to decreased milk production and dehydration.<sup>4</sup>

#### Footnotes:

1. Women's Healthcare Topics, <http://www.womenshealthcaretopics.com/>
2. Murray-Kolb et al. Maternal iron deficiency impacts mother/child interaction. Abstract presented at the Amer Soc of Nutr Sci, Experimental Biology 2005 Conference.
3. Beard JL et al. Maternal iron deficiency anemia affects postpartum emotions and cognition. *J of Nutr.* 2005 Feb;135:267-272.
4. Duyff, RL. *The American Dietetic Association's Complete Food & Nutrition Guide.* New York: John Wiley & Sons, 1998.



### Beefy Mexican Lasagna

Total preparation and cooking time: 45 minutes

- 1½ pounds ground beef sirloin (95% lean)
- 9 corn tortillas
- 2 cans (10 ounces each) mild enchilada sauce
- 1 can (15 ounces) black beans, rinsed, drained
- 1½ cups frozen corn
- 1 teaspoon ground cumin
- 1½ cups shredded Mexican cheese blend
- Crunchy Tortilla Strips, optional (recipe follows)
- ½ cup chopped tomato
- 2 tablespoons chopped fresh cilantro

1. Heat oven to 350°F. Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into crumbles. Pour off drippings. Stir in 1 can enchilada sauce, black beans, corn and cumin; bring to a boil. Reduce heat; simmer 5 minutes, stirring occasionally.
2. Spray 11¾ x 7½ inch baking dish with nonstick cooking spray. Arrange 3 tortillas in dish, cutting 1 as needed to cover bottom. Spread ¼ cup remaining enchilada sauce over tortillas; cover with ½ beef mixture, then ½ cheese. Repeat layers twice, omitting final cheese layer. Pour remaining enchilada sauce over top.
3. Cover with aluminum foil. Bake in 350°F oven 30 minutes. Remove foil; sprinkle with remaining ½ cup cheese. Bake, uncovered, 5 minutes or until cheese is melted. Top with tortilla strips, if desired, tomato and cilantro.

#### Cook's Tip

Lasagna may be made up to 24 hours ahead through Step 2; refrigerate, covered. Increase baking time from 30 to 45 minutes.

Makes 6 servings.

**Nutrition information per serving (1/6 of recipe): 466 calories; 35 g protein; 46 g carbohydrate; 17 g fat; 837 mg sodium; 73 mg cholesterol; 102.5 mcg folic acid; 6 g fiber; 6.3 mg niacin; .4 mg vitamin B<sub>6</sub>; 1.7 mcg vitamin B<sub>12</sub>; 5.7 mg iron; 5.7 mg zinc.**

**This recipe is an excellent source of protein, folic acid, fiber, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron and zinc.**

#### Crunchy Tortilla Strips

Heat oven to 400°F. Cut 1 corn tortilla in half, then crosswise into ¼-inch wide strips. Place strips in single layer on baking sheet. Spray lightly with nonstick cooking spray. Bake 4 to 8 minutes or until crisp.

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